



Southeastern Baptist Theological Seminary

Southeastern Baptist Theological Seminary seeks to glorify the Lord Jesus Christ by equipping students to serve the church and fulfill the Great Commission.

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Biblical Counseling BCO5500.onl – Spring2020

Core Competencies

To equip students to serve the church and fulfill the Great Commission, the Southeastern Faculty build curricula and courses, drawing upon the great tradition of Christian orthodoxy and our Baptist heritage, to develop the following core competencies so that Southeastern graduates:

Spiritual Formation

- Demonstrate the knowledge and skills necessary to pursue an authentically Christian way of life, manifested by trust in God, obedience to Christ's commands, and love of God and neighbor.

Biblical Exposition

- Demonstrate the ability to properly and effectively interpret, apply, and communicate the Scriptures.

Theological Integration

- Demonstrate the ability to understand and apply the doctrines of Christianity to life and ministry.

Ministry Preparation

- Demonstrate the knowledge, skills, and Christian disposition necessary for ministry and leadership in the church and the world.

Critical Thinking and Communication

- Demonstrate the ability to think critically, argue persuasively, and communicate clearly. We strive to do all of this while cultivating in students a delight in God, His Word, and His Church.

Course Description

An introduction to biblical counseling theory and practice, including a focus on how Scripture and theology form the foundation and substance for counseling, biblical concepts for understanding people and their problems, and biblical methods of change.

Course Objectives/Student Learning Outcomes

This course has been designed so that students might be able to achieve the following:

- a. Practice the spiritual discipline of reading, learning, and obeying Scripture.
- b. Memorize Scriptures relevant to biblical counseling.
- c. Be introduced to helpful secondary literature concerning biblical counseling.
- d. Examine counseling theories and methods from the perspective of a biblical worldview.
- e. Gain a biblical understanding of people, including motivation, basic problems, and methods of change.
- f. Understand the role of the church in counseling.
- g. Develop basic competency to counsel persons with mental-emotional-behavioral problems.

- h. Begin to develop a biblical-theological model of the process and practice of biblical counseling.

Course Textbooks

REQUIRED:

- Lane, Timothy S. and Paul David Tripp. *How People Change*. Winston-Salem, NC: Punch Press, 2006. ISBN: 1934885533
- Tripp, Paul David. *Instruments in the Redeemer's Hands*. Phillipsburg, NJ: P&R, 2002. ISBN: 0875526071
- Crabb, Larry. *Effective Biblical Counseling: A Model for Helping Caring Christians Become Capable Counselors*. 1977. ISBN: 9780310225706
- Furman, Dave. *Being There: How to Love Those Who Are Hurting* ISBN: 9781433550034
- Sanders, Randolph. *Christian Counseling Ethics: A Handbook for Psychologists, Therapists and Pastors*. 2013. ISBN: 0830839941

REQUIRED READING:

- Gentry, J. Eric (2002) Compassion Fatigue: A Crucible for Transformation. *Journal of Trauma Practice*. 1(3/4), 37-61.
- Southwick, S.M. & Charney, D.S. (2018) *Resilience: The Science of Mastering Life's Greatest Challenges*. Cambridge.
- Jay E. Adams. "Change Them... Into What?" *The Journal of Biblical Counseling* 13, no. 2 (1995): 13717.
(Adams – Change)
- _____. "What Is Nouthetic Counseling? Unpublished article available at www.nouthetic.org.
(Adams – WNC)
- Powlison, David. "Biological Psychiatry," *JBC* 17:3 (Spring 1999): 2–8.(DAP–Bio Psych)
- _____. "Do You See?" *JBC* 11:3 (Spring 1993): 3–4. (DAP – See?)
- _____. "The Therapeutic Gospel" *gMarks eJournal* (July/August 2007). Available at www.gmarks.org
(DAP – Therapeutic Gospel)
- Vitz, Paul. "Psychology in Recovery," *First Things* 151(March 2005): 17722.(Vitz – PR)
- Welch, Ed. "Counseling Those Who Are Depressed" *JBC* 18:2 (2000): 5–31. (Welch – Depression)
- _____. "What Is Biblical Counseling Anyway?" *JBC* 16:1(1997): 2–6. (Welch – WBC)
- _____. ""What" You "Should" Know "About" Attention "Deficit Disorder" (ADD), *BC* 14:2 (1996): 26–31.
(Welch – ADD)
- _____. "Who Are We? "Needs Longings, and the Image of God in Man," *Journal of Biblical Counseling*, 13:1, 1994, pp. 25738. (Welch– Who Are We?)

COURSE REQUIREMENTS

a. **Class Attendance/Lecture Watching**

Responsible Christian conduct should encourage the student to be faithful in watching every lecture carefully. Negligence in this area can have nothing but a negative effect on the student's grade and it discourages the instructor from showing grace in a time of need. (10%)

b. **Book Summary and Reaction**

Each student will read Lane, Timothy S. and Paul David Tripp. *How People Change*. complete a 3–4 pages summary/application paper. This should include a two (2) page summary and a one to two (1–2) page section which includes 3 or 4 major "take-aways" you gained from the book. Please underline each of these lessons as you begin them in the paper. For example, "The first major lesson I took from the book is" The paper is to be uploaded as a PDF document no later than 11:55 p.m. on the due date listed on the Class Schedule. (15%)

c. **Ministry Contacts**

The student will complete at least **two different ministry contacts** in which the principles of biblical change were used. Each of these should be summarized in no less than two (2) and no more than three (3) pages.

Guidelines:

- Begin to look for opportunities to counsel at the beginning of the semester.
- Contact should be with someone outside your immediate family and outside of our class.
- Use pseudonyms (place its first reference in quotes – "Joe") and avoid using any information that will reveal the identity of the person (though no one outside of the professor and the grader will see them).

- d. These need not be formal counseling experiences, but merely times when you interacted face-to-face with someone who shared a personal problem with you.
- e. While one of these can be a recent past interaction (within the past 3 months), we desire these to be current situations.
- f. The contacts are to be reported by means of a narrative report of the contact that includes elements such as the following (these are not necessarily headings): The setting for meeting and your relationship to the person, some basic info about the person and his problem, how he is handling it, what you think might be the behavioral and heart issues involved, how you might proceed to minister if God opened a door, how the local church might help, etc.

Due by 11:55pm on Moodle as indicated on the Class Schedule. (30%)

d. **Reading Quizzes**

There will be reading quizzes on particular readings throughout the semester as indicated in the Course Schedule. The quiz will open on Monday at 12:05am and close on Sunday at 11:55pm of the week indicated. This is meant to keep you accountable to read the material so that you will be prepared for lectures and class discussion. There are no make-up quizzes. (10%)

e. **Personal Application Paper**

The student is to read *Furman, Dave. Being There: How to Love Those Who Are Hurting* in a devotional manner and keep a journal of thoughts and applications from each chapter as he/she reads. This paper should be 4-5 pages in length. The student will then compile a list of practical applications as a bulleted list and turn this in as the first page of the paper with the journal following. This assignment will be uploaded via Moodle no later than 11:55 p.m. as indicated on the Class Schedule. (15%)

f. **Ministry Application**

The student is to read *Crabb, Larry. Effective Biblical Counseling: A Model for Helping Caring Christians Become Capable Counselors*, thoroughly read the chapters, summarize the teaching of each chapter and discuss practical ministry applications from each chapter in a paper to be uploaded via Moodle. (15%)

g. **Threaded Discussion**

Each student must participate in four "Threaded Discussions" on Moodle. ALL STUDENTS must participate in ALL discussions. This means that each student must interact with at least 2 students posts, not including their own original post. These discussions will be available Monday at 12:05am until Sunday at 11:55pm of the week indicated on the Course Schedule. With the exception of the first threaded discussion, the topics convince with the course notes. (5%)

Cheating or plagiarism of any kind will result in an immediate failing grade on the assignment with no chance for resubmission. The professor does have the option either to allow the student to remain in and complete the course or to dismiss the student from the course completely. Regardless of the professor's ruling, all cases of cheating or plagiarism will be reported to the Dean of Students Office and the appropriate Academic Dean(s) where further disciplinary action will be considered. At the very least, a permanent record of the infraction will be kept in the student's file. For further information regarding this policy, please refer to the 'Plagiarism & Cheating' section of the Student Handbook.

LATE ASSIGNMENTS/EXTENSIONS

Students are expected to turn in all assignments on time. As such, students need to anticipate last minute emergencies and issues that may prevent them from abiding by this policy. There are a limited number of assignments in this course. Students should turn in assignments early to avoid unnecessary penalties for late assignments. Students who turn in late assignments will incur a penalty of 2 points per calendar day the assignment is late. DO NOT e-mail the professor or grader for an extension. All late assignments incur a 2 point per calendar day penalty **regardless of the reason** for the lateness.

Disability Statement

Southeastern Baptist Theological Seminary and The College at Southeastern comply with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests and submit documentation to the Dean of Students Office.

NOTE: Southeastern Seminary policy states, "In no case may a student merely copy and paste any material from one paper to another without the prior written permission of the instructor. In the rare case when a student is given permission to use his/her own scholarly work in subsequent research, the student must still cite his/her previous coursework as an unpublished paper. Failure to follow these guidelines constitutes plagiarism, and all appropriate penalties will apply."

INTERNET USE DURING CLASS: Southeastern's policy is that students are **NOT** permitted to log in to the internet or other local networks during class unless specifically authorized by the professor.

Course Schedule

Week	Date	Reading/Assignments	Topics/Lectures
1	Jan. 27-Feb. 2 nd	Threaded Discussion 1 Adams – WNC Welch – WBC Vitz – PR	Course Intro/Syllabus Biblical Counseling: Philosophical Foundation What makes Biblical Counseling/ Biblical Counselors
2	Feb. 3-9	Crabb – EBC Part 1 DAP – Therapeutic Gospel	Doctrine of Scripture and Counseling Biblical Passages to Consider...
3	Feb. 10-16	EBC – Part 2 Lane - HPC 1-3	Anthropology 1, 2, 3 Two Key Texts
4	Feb. 17-23	EBC Part 3 HPC 4-6 Adams – Change? Welch – What Are We? Adams – Change them into what? Threaded Discussion #2 Reading Quiz HPC 1-6 Due Feb. 23 at 11:55pm	What is the Wrong with Human Beings? The Worship Problem of Human Beings The Doctrine of Sin and Counseling Ministry
5	Feb. 24 – March 1	EBC Part 4 HPC 7-8 Tripp - IRH 1-2 DAP – Bio Psych	A Paradigm of Change Examining a Christian's Circumstance Examining a Christians Heart Examining God's Provision: The Work of Christ Summary Text and Ministry Application
6	March 2 – 8	HPC 7-8 IRH3-4 Threaded Discussion #3 Reading Quiz HPC 7-10; IRH 1-4	Love as the Foundation of Biblical Counseling Defining Biblical Love and Applying the Incarnation
	March 9-15	No Assignments	Spring Break
7	March 16-22	HPC 11-12 IRH 5-6 Ministry Contact 1 Due March 15th at 11:55pm	Building Relationships part 1 and 2
8	March 23-39	HPC 13-16	Lead the Counselee to Hope Lead the Counselee to Christ and Repentance Lead the Counselee to Forgive Lead the Counselee to Change
9	March 30- April 5	IRH 7-8 Furman – BT 1-4 Sanders - CCE 1-5 Threaded Discussion #4	Ethical Issues Related to Counseling
	April 6-12	No Assignments	Easter Break
10	April 13-19	IRH 9-10 DAP – See? BT 5-9	Marriage Counseling Part 1 and 2 Parenting Part 1 and 2

		CCE 6-11 Reading Quiz IRH 5-10	
11	April 20-26	IRH 11-14 CCE 12-15 Lane Summary/Reaction Due on April 26th at 11:55pm	Premarital Training Women's Issues Part 1 and 2 Biblical Counseling of Addiction Part 1 and 2
12	April 27 – May 3	IRH Appendices 1-5 Welch – Depression Welch – ADD CCE 16-21 Crabb Ministry Application Due on May 3rd at 11:55pm	Counseling Anger Counseling Anxiety Part 1 and 2 Counseling Depression Part 1 and 2
13	May 4-10	Ministry Contact #2 Due on May 10th at 11:55pm	Grief Counseling Part 1 and 2 Counseling and Suicide Part 1 and 2 A Christian Psychology of and a Response to Homosexuality
14	May 11-13	Furman Personal Application due at May 13th by 11:55pm	

Disclaimer and copyright

This syllabus is intended to reflect accurately the learning objectives, instructional format, readings, learning activities, evaluation criteria, policies on late assignments and absences, grading scale, course schedule, reference list, and other information necessary for students to appraise the course. However, during the course of the term the professor reserves the right to modify any portion of this syllabus as may appear necessary because of events and circumstances that occur during the term.

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